



2019 TERM 3

PERFORMANCE CAMP

DATES: Tuesday / Wednesday / Thursday
24th, 25th, 26th September
1st, 2nd, 3rd October

Perfect for individuals wanting to focus on match play support and tactics heading into club champs.

TIMES: 12pm till 4pm (4hr block)

All players involved in Green Futures, Junior and High Performance are eligible for this camp.

PRICE: \$59 per day \$149 3x sessions

Orange Fixtures players can join in week 2.

Tuesday 24th September

Focused of individuals becoming aware of technical deficiencies in service motion. Outlining each stage of rotation starting from leg support, mid hip/trunk rotation and high extension and pronation at the top of contact point.

Wednesday 25th September

Players will look at developing their variations on service and dealing with changes to return positioning. Looking at doubles structures and passing lanes to develop thought process on serve returns.

Thursday 26th September

Strategies based training focused on players ability to think through point and structure correctly.

Implementing tactics changes mid match such as serve volley, return position changes and defensive strategies.

WEEK ONE

WEEK TWO

CLUB CHAMPS TRAINING WEEK 8th, 9th, 10th October

Tuesday 1st October

CLUB CHAMPS (ORANGE/GREEN/JUNIOR PERFORMANCE) MATCHPLAY STRUCTURES:

Mini club champs catered towards our hotshots' individuals. Lesson will be broken up into 1hr increments of matches/games and challenges. Certificates and prizes given out to all winners/runners of matches and challenges..

Wednesday 2nd October

CLUB CHAMPS (ORANGE/GREEN/JUNIOR PERFORMANCE) MATCHPLAY STRUCTURES:

Players will look at developing their variations on service and dealing with changes to return positioning. Looking at doubles structures and passing lanes to develop thought process on serve returns.

Thursday 3rd October

JUNIOR/HIGH PERFORMANCE/ADULTS

High performance session catered to all junior and performance squad/private members. Session will be cut into training and match play blocks.



Register online or at the Pro Shop